

Intervention: Individual behavioral counseling for smoking cessation

Finding: Insufficient evidence to determine effectiveness

Potential partners to undertake the intervention:

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| <input type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input checked="" type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input checked="" type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Findings from the systematic reviews:

There is insufficient evidence to determine the effectiveness of individual counseling as a means for smoking cessation. All the studies reviewed involved sessions of more than ten minutes, by a trained therapist, with most including further telephone contact for support. The review found that individual counseling could help smokers quit, but there was not enough evidence about whether more intensive counseling was better.

Practices that lack sufficient research to support effectiveness should not be confused with ineffective programs. Rather, they should be recognized as programs that have the potential to become evidence-based practices—if properly evaluated. Practitioners are encouraged to monitor the impact of these programs in their communities and report on their findings in order to build a base of knowledge sufficient to reach consensus.

References:

Hajek P, Stead LF, West R, Jarvis M. Relapse prevention interventions for smoking cessation. *The Cochrane Database of Systematic Reviews* 2005; Issue 1. Art. No.: CD003999. DOI: 10.1002/14651858.CD003999.pub2.